SMOKEFREE TXT

Quitting: on your phone, on your terms

# ARE U READY 2 QUIT SMOKING?

## DECIDING TO QUIT SMOKING IS YOUR CHOICE.

And how you go about quitting and staying quit is your call. It's your health after all! Whenever you're ready to quit, SmokefreeTXT is ready to help.

## WHAT IS SMOKEFREETXT?

SmokefreeTXT is a mobile service designed for teens that provides 24/7 encouragement, advice, and tips to help you stop smoking for good.

## HOW DO I SIGN UP?

There are two ways to sign up and both are quick and easy:

**TEXT THE WORD QUIT TO IQUIT (47848)**

**VISIT TEEN.SMOKEFREE.GOV**

Standard text messaging rates may apply, so check with your mobile provider before signing up. If don't have an unlimited text messaging plan, a "lite" version of SmokefreeTXT may be a better option for you. Learn more at teen.smokefree.gov.

## HOW DOES IT WORK?

After answering a few questions and choosing a quit date, you'll receive a welcome message with details about the program, including keywords you can text to get help or support or to opt out at any time. Regular texts will start 14 days before your quit date, followed by 6 weeks of daily texts to help you stay focused on your goal of quitting smoking for good.

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**QUESTIONS? NEED TECHNICAL SUPPORT?** Send an email to NCISmokefreeTeam@mail.nih.gov.